Met Office

NEWS

High temperatures continue

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High pressure is continuing to bring warm, dry and sunny weather to the vast majority of the UK, with temperatures having reached at least 30 Celsius in all four nations over the last few days.

The last time this happened was during a warm spell in July 2013. Porthmadog, Wales, has seen the highest temperature of the year so far, with 32.6 °C recorded today, June 28th.

Chief Meteorologist, Andy Page, said: "Very warm and at times hot weather will continue to affect western parts of the UK over the next few days. Although peak temperatures may not be quite as high as we have seen already this week, we will still see temperatures widely in the mid to high 20's °C. In the east, temperatures will not be quite as high, but they will still be into the low 20's °C for many."

The sun is at its strongest at this time of year and UV levels will be high or very high, so people should take care when outside enjoying the weather. A Level 2 heat-health watch warning has been issued for northwest England.

Dr Thomas Waite of PHE said: "We know that when weather like this hits many people will head outdoors and make the most of the sunshine – but for others high temperatures, over more than a day or two, can be really uncomfortable and pose a significant risk to health. This is because their bodies may struggle to adapt to working harder, as all our bodies do when the weather gets this hot, and they can become ill.

"It's vitally important that we keep an eye on friends, family and neighbours who may be at risk. For others the best thing to do is avoid the sun during the hottest parts of the day, carry water with you when travelling and if going out to large events, and we know lots of people will be watching football this week: think what you can do stay cool. It's also worth remembering to think about keeping homes cool, as this can aid sleeping at night and give the body time to recover from the heat of the day."

Forestry Commission Spokesperson, Stuart Burgess, said: "Every year, fire destroys thousands of hectares of countryside. They are a threat to people, wildlife, forests, woodlands and trees. Although some fires are started deliberately, most of them are due to carelessness. Thankfully major forest fires are rare and we remind everyone to take care all the time, not only during dry spells."

Looking into the weekend, there is a small chance of isolated heavy or thundery showers for some parts of the country, but for many it will stay dry, sunny and warm. Deputy Chief Meteorologist, Brent Walker, said: "As we move into the start of the new week, high pressure will continue to bring fine and dry weather with plenty of warm sunshine for many. There is a possibility of some showers developing across mainly southwestern parts of the country, but it's a little too early to provide details at this stage."

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